

HPH focuses on community involvement

by Mary Sutherland, Administrator

Happy New Year! Now that the hectic holiday season is over, we at HPH can again focus more clearly on our community and our partners in mental health.

As you are aware, we are striving to improve our community relations. To this end, we have decided to make some adjustments to our representation on the district health councils. Some assignments have been rotated which should improve our internal generalized knowledge of activity throughout Central West Region. This effort will be reinforced at HPH by the creation of a co-ordinating committee, which I will chair.

We are also prepared to commit additional resources to task forces and sub-committees on an "as needed" basis. Our interest is to involve as many HPH staff as possible in the community and to match the skills with the work at hand.

In addition, a small group, representing HPH and the DHCs, recommended that we assign a staff member to be a liaison between HPH and the Region's DHCs. We have assigned Pat Stephens, public relations officer,

as the general liaison. As well as being your contact for HPH, Pat will have the responsibility to ensure we communicate with the community in a timely, comprehensive and consistent manner. The group also recommended that HPH host a forum twice yearly to share information with our community players about program plans, service delivery, etc. We envision this process evolving as we further develop and enhance our community involvement.

We appreciate the many collaborative efforts with our partners in Central West and look forward to further interaction in 1997. ♦

HPH DHC representatives:

- Central West Regional Committee:
Mary Sutherland, Administrator
- Hamilton/Wentworth:
Pauline McKinley, Asst. Admin.
- Halton:
Len May, Asst. Admin.
- Niagara:
Dr. Gary Chaimowitz, Clinical Director
- Haldimand/Norfolk:
Karen Fraser, A/Director, Nursing-Community
- Brantford:
Desmond Pouyat, Director, Social Work

Appointment announcements

- Dr. Ken LeClair has been appointed Program Director of the HPH Geriatric Psychiatry Program.
- Dr. Carol Welch, A/Director of Psychology, has also assumed the role of Program Director on the Community Liaison Program.
- Karen Fraser has been assigned Acting Director of Nursing-Community, responsible for HPH nursing staff working in the community. ♦

Sharing A Common Direction: Mental Health & Substance Abuse

First in a series of workshops
on concurrent disorders

February 27, 1997
8:30 a.m. to 4:30 p.m.
Mohawk College,
Fennell campus

Free registration
Seating is limited
Call Addiction Research
Foundation at 525-1250

An HPH/ARF joint venture

HPH implements new service

Hamilton Psychiatric Hospital (HPH) is in the process of implementing an integrated mental health service for adults with developmental handicaps. Since November 1995, HPH has been working with the Ministry of Community and Social Services (MCSS), community providers and stakeholders to develop a service that addresses the unique needs of this population.

Consultation with various stakeholders outlined the difficulties encountered by community service workers. As well, gaps in service to the dually-diagnosed population were also identified. A major theme expressed by all was that joint planning and service delivery was essential in order to effectively meet the needs of this clientele. Amongst the players, a strong willingness to work together in harmony and share resources was evident. The HPH program will focus on the identified gaps in service—psychiatric consultation in terms of medication review, diagnosis and crisis management.

In partnership with the Area Resource Team of Chedoke campus of the Hamilton Health Sciences Corporation, we are establishing a rapid response, mobile, specialty crisis team who will respond to crisis situations which occur in the community. For instance, the team may be called to residences, general hospital emergency departments or other areas. The team will provide crisis management, assessment, treatment and follow-up. The objective is to de-escalate situations in an effort to prevent hospitalization and further crises in the residential setting.

To support the rapid response team, HPH is also ensuring that crisis beds, integrated into our existing units, are available. This will help to ensure that clients receive the appropriate treatment related to their mental health issue. We are working closely with community service-providers to ensure that the client's bed in the community is available upon their discharge from HPH.

The partnership is developing other services that include a single point of access for referrals; education and support to community agencies, families, physicians and clients, and promotion of professional training in developmental disability.

As we proceed with the implementation of this service we invite you to contact us for further information. You may direct your calls to the Public Relations Office (905) 575-6022. ♦

MARK YOUR CALENDAR!

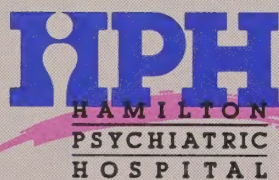
Mental Health & Aging: Focus on the Caregiver

The 8th Annual CAB/CMHA
Mental Health Conference

Wednesday, May 7, 1997
Royal Connaught Howard
Johnson Plaza Hotel, Hamilton



Watch for future mailings



For more information call
Public Relations Office
(905) 575-6022

Fax (905) 575-6038

P.O. Box 585, 100 West 5th St.
Hamilton, Ontario L8N 3K7

*Our Mission is to work together with adults
with severe psychiatric disorders, their families
and their communities to achieve successful
treatment, rehabilitation and reintegration.*

DEC 11 1997

COMMUNITY update

HAMILTON
PSYCHIATRIC
HOSPITAL

NOVEMBER 1997

Report From

HPH Community Advisory Board

Community Advisory Board Members

Brant

Glenn Watson, retired Director of Education,
Brantford

Haldimand/Norfolk

Bernd Beilschmidt, Executive Director, True
Experience

Chris Szymezko, Adult Mental Health Services

Halton

Dierk Lange, retired Industry Training Manager,
Burlington, family member

Hamilton-Wentworth

Richard Grigg, retired Researcher, Stelco,
Hamilton, family member

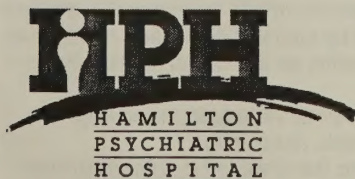
Dianne Smithson, Health Sciences Program
Manager, Mohawk College (Past Chair)

Ron Wheeler, Police Officer, Hamilton-Wentworth
Regional Police (2nd Vice Chair)

Niagara

Helene Hamilton, Resource Centre Director,
Mainstream, St. Catharines

Dan Oettinger, Administrator, Linhaven Home for
the Aged, St. Catharines (1997/98 CAB Chair)



Report from the Chair

by Dianne Smithson, CAB chair 1996/97

The best way to describe the past year for the Community Advisory Board at Hamilton Psychiatric Hospital would be "Preparing for Change." Our advice to the Minister of Health and the Hospital Administration Team has centred around the forthcoming directives from the Health Services Restructuring Commission.

As we plan for the coming year, it is vital for each CAB member to listen to the concerns and recommendations of our own communities regarding services for the severely mentally ill. Each of us will need to find ways to inform our regions of the services and how these services will be offered during this time of change and into the future.

CAB is welcoming the challenges of the coming year. We look forward to strengthening our current links within HPH and our communities. Perhaps, more important, is our commitment to develop new linkages.

My tenure as chair of the Community Advisory Board has been one of remarkable change. The future is our opportunity to work together as Advisory Board members, community partners and hospital-based service providers to have services for the severely mentally ill in the right place at the right time.

Let us all see change as a process to produce a new system to meet the needs of the severely mentally ill in our communities. ♦

Our sympathies are extended to family and friends of Dianne Smithson who died as a result of a car accident on November 11th.

Dianne had a long history with HPH beginning with her appointment to the Community Advisory Board on June 1, 1992, where she served on numerous Board committees and task forces. In 1995, Dianne assumed the position of Chair of the Board for a two-year term. Her strong leadership skills and dogged enthusiasm have helped to prepare the Board and the administrative team for the directives of the Health Services Restructuring Commission anticipated later this month.

Dianne also chaired the CAB Chairs/Vice Chairs Group for all the Provincial Psychiatric Hospitals. She sat on a provincial task force examining forensic issues in psychiatry, and represented CABs at the Alliance of Mental Health Services.

Dianne's dedication, leadership and advocacy on behalf of the seriously mentally ill will be greatly missed.

Dianne Smithson (1950-1997)

Some HPH statistics...

HPH collects data on Inpatient* Admissions and Discharges and Outpatient** Registrations and Terminations for each district in our catchment area. The figures for 1996/97 are as follows:

Brant

24 admissions, 26 discharges*
22 registrations, 9 terminations**

Haldimand

24 admissions, 24 discharges*
24 registrations, 11 terminations**

Halton

22 admissions, 15 discharges*
39 registrations, 31 terminations**

Niagara

88 admissions, 79 discharges*
77 registrations, 49 terminations**

Hamilton-Wentworth

355 admissions, 357 discharges*
298 registrations, 240 terminations**

Other (outside catchment area)

20 admissions, 30 discharges*
25 registrations, 30 terminations**

Outpatient Direct and Indirect Contacts

In 1996/97 HPH made **24,723 direct contacts** throughout the region which includes care, treatment, support, assessment and intervention provided to an outpatient.

In 1996/97 HPH made **11,853 indirect contacts** throughout the region which includes outpatient related activity such as documentation, or contact with family members, agencies or significant others regarding a specific patient. ♦



HPH—120 years of service (1876 to 1996)

In 1996, HPH celebrated 120 years of service to those suffering from serious mental illness. We have compiled a brief historical overview of HPH with information taken from existing archival records.

1870s

- One in every 397 of the population in Ontario is of unsound mind and in need of proper treatment. At this time, many of the insane people of the area are kept in jails.
- It is decided to procure a site and construction begins for an asylum in the vicinity of Hamilton—referred to as the Hamilton Asylum.
- Recommendations for additional wings for patients and an extension at the rear of the building for domestic purposes which would increase the accommodation to 460 beds.
- Statement of Expenditures show that it costs \$21,400 to run the hospital for the first year of operation.
- It also states the cost of \$127 to maintain a patient annually.
- Patient population now 202.

1880s

- East House (now Century Manor) opens on November 1, built as a reception hospital. Patients can now come directly from the community. Prior to this, patients were transferred from other hospitals. It houses 80 men and plans for a similar addition for women are never carried out.
- Patient population is 822.

1890s

- East House set aside for the detention of Province's criminally insane. Andrews' Homestead and eight additional acres acquired.
- The entire food supply is derived from the farms. Patient airing courts, with high jail-like fences, are eliminated. Instead, inmates engage in a variety of outdoor games in the grove behind the Asylum.
- Patient population is 950.

1900s

- Electrical lighting introduced into all buildings to replace gas.
- Drugs used at this time are major sedatives such as heroin and morphine.
- 176 acres of farmland are purchased, known as Hickory Farm. This final purchase brings the total property to 529 acres.

1910s

- Provincial hydroelectricity is connected to the asylum. Steam pumps are abandoned.
- Patient population is 1,300.

1920s

- East House (Century Manor) is converted back to a regular hospital unit.
- Two wards are set aside in Orchard House for the treatment of tuberculosis. (This continues until 1930.)
- Orchard cannery records an output of 216,645 pounds of canned fruit, jams, vegetables and pickles.
- Bed capacity is 1,299.
- Medical staff consists of the Medical Superintendent, Assistant Superintendent and two physicians. Patients are sedated by cold wet packs and continuous water baths. There are many seclusion rooms as a result of having few medications available.
- The School of Nursing is approved on June 10, 1926 and placed on the accreditation list by the American Psychiatric Association.
- The Hamilton Asylum changed its name to the Ontario Hospital, Hamilton sometime in the late 1920s. The hospital was known as the best asylum and facilities in Ontario.

HPH 1996/97 highlights

1930s

- The recreation hall (now Grove Hall) is built.
- Patient population is 1,800 but bed space is for 1,200 and cared for by 84 staff.
- During the war years, few advancements were made in the treatment of the mentally ill. The hospital is extremely understaffed as many nurses and attendants enlist to go overseas.

1950s

- The first tranquilizers are used in the treatment of the mentally ill.
- The cattle raised on the hospital's farms are sent to auction as a result of the barns burning down.
- Cornerstone is laid for new Auchmar Building.

1960s

- Auchmar Building opens on October 5, 1960.
- Patient population is 1,750.
- Name changed from Ontario Hospital to Hamilton Psychiatric Hospital on June 1, 1968.

1970s

- Forensic Unit opens with nine beds. First facility serving this special need in a provincially-owned hospital.
- Legal aid available for hospital inpatients. A lawyer visits twice monthly to assist with legal matters.
- Bed count 700.
- Budget to operate HPH is \$13,600,000.

1996/97

- HPH provides tertiary mental health care services to Brant, Haldimand/Norfolk, Halton, Hamilton-Wentworth and Niagara regions.
- HPH specializes in serving adults with schizophrenia; mood disorders; dementia with behavioural disorders; developmental handicap/mental disorder; acquired brain injury; and those requiring forensic services.
- Bed count is 211 with 961 outpatients.
- Budget to operate HPH is \$36,956,400.
- There are 575.3 full-time equivalent staff.
- Partnerships exist with several community agencies throughout the catchment area to ensure services are delivered closer to home. ♦

New Community Schizophrenia Service

In the spring of 1997, HPH embarked on a new community venture—the **Community Schizophrenia Service**. It opened at First Place, a downtown Hamilton location, and provides consultation and treatment services to Hamilton-Wentworth and consultation services to the rest of the region (Niagara, Brant Haldimand-Norfolk and Halton). The service will strengthen linkages between HPH and other partners in the long-term care and psychiatric rehabilitation sectors, as well as enhance the integration of treatment, research and education between the hospital and its community partners.

CSS is in close proximity to other agencies serving this population, such as the Hamilton Program for Schizophrenia, the Wellington Psychiatric Outreach Program and the St. Joseph's Hospital Community Psychiatry Services: Schizophrenia Disorders Clinic. This new location will allow for greater coordination between these programs, thereby ensuring patients receive the most efficient and effective service.

We are happy to announce that **Karen Fraser** has been appointed **Program Director** of the new Community Schizophrenia Service. We are currently implementing the plan for this service in phases. Phase one moved the HPH Clozapine Clinic to First Place in the spring of '97; phase two amalgamated the St. Joseph's Hospital's Schizophrenia Disorders Clinic into this new service (September '97); phase three will see all other HPH outpatient schizophrenia services moved to the CSS (Spring '98); and phase four will expand the outreach services to the outlying areas throughout the region (Spring '98). ♦

New Psychiatrist-in-Chief

The hospital is pleased to announce the appointment of **Dr. Richard Swinson** as its new **Psychiatrist-in-Chief**. Dr. Swinson was also appointed the **Chair of the Department of Psychiatry** at McMaster University.

Dr. Swinson has a rich and distinguished career in both Canada and the U.K. His most recent hospital appointments include Head of the Anxiety Program at The Clarke Institute of Psychiatry; Consultant to the University of Toronto's Department of Psychiatry, Addiction and Research Foundation and Staff Psychiatrist (courtesy staff), Toronto Hospital. His recent U of T appointments include Professor, Department of Psychiatry and Member of the Institute of Medical Science, School of Graduate Studies.

The hospital gave fond farewells, with pride, as **Dr. Russell Joffe**, previous Psychiatrist-in-Chief, was awarded the role of **Dean and Vice-President of the Faculty of Health Sciences** at McMaster University. We look forward to working with Drs. Swinson and Joffe as we work together to serve those suffering from serious mental illness. ♦

HPH awarded three-year Accreditation!

The hospital proudly accepted a three-year Accreditation award after a survey of the hospital was completed by the Canadian Council on Health Services Accreditation in May. The summary stated, *"The governance, management, staff and volunteers of the Hamilton Psychiatric Hospital are commended for their leadership and vision in the provision of quality of care and service to patients with severe and complex mental illnesses."*

"Patients and families are involved in their care and service and are knowledgeable about illnesses and care plans. Patients and families feel they are treated with respect and that staff are accessible and attentive to their needs. They have commented that the Hamilton Psychiatric Hospital was not the end of the road for them, but the best thing that could have happened."

This is truly an exemplary accomplishment; the result of ongoing hard work by all of us at HPH.

For further information

If you are interested in receiving more information about the CAB or HPH and its activities, please contact HPH's Public Relations Office at (905) 575-6022. ♦

1996/97 CAB Highlights

* The Board submitted a proposal to the Health Services Restructuring Commission (HSRC) on the *Delivery and Governance of Mental Health Services throughout the Catchment Area Served by HPH*, and Board Chair, Dianne Smithson, met with members of the HSRC as part of the team from HPH.

* The Board supported the Museum Committee's successful bid to obtain a heritage designation for Century Manor (formerly East House) from the Hamilton-Wentworth Historical Association.

* CAB was a co-sponsor, with CMHA/Hamilton-Wentworth, of the 8th Annual Mental Health Week conference entitled *Mental Health and Aging: Focus on the Caregiver*.

* The Board was represented on the search committee for a new Psychiatrist-in-Chief, is represented on the HPH Ethics Committee and was at the table for Central West Region's Mental Health System Design Team.

* In conjunction with other Provincial Psychiatric Hospital (PPH) Community Advisory Boards (CABs) the Board continued to advocate with the Minister of Health to take legislative action to ensure that the seriously mentally ill in Ontario receive the security and protection for continued mental health care.

* CAB welcomed a representative from the Patient Council as a new ex-officio member in addition to the Volunteer Association, Medical Staff Association, OPSEU, and the Administrator and Psychiatrist-in-Chief, all of whom report their activities regularly to the Board.

* The Board will be hosting the 1998 Annual Conference for all PPH Community Advisory Boards in the spring of 1998. ♦

Role of Community Advisory Board

As community representatives appointed by the Minister of Health, CAB members recognize the need to improve linkages with other service providers, family members, consumers and the public-at-large.

The purpose of the CAB is to promote community awareness and understanding of mental health issues; identify and respond to the mental health care needs of the communities served by the hospital and assist the hospital's administration in providing the highest possible standard of care.

This is carried out by:

- Establishing and maintaining a close working relationship with all agencies providing services for the seriously mentally ill;
- Cooperating and consulting with district health councils and other planning groups;
- Consolidating information on local mental health needs and concerns and identifying those which the hospital should address;
- Fostering the development of community relations in the areas served by the hospital;
- Reviewing and monitoring the hospital's programs in order to determine whether the hospital is meeting the needs of its catchment area; and,
- Advising the Minister of Health on important issues which may affect the hospital in fulfilling its mandate to provide high quality mental health services to the districts served.

Please accept our offer to contact Board members from your area. CAB meetings are held the first Tuesday of each month—September to June and they have always been open to the public. If you are interested in attending, or would like to contact your CAB representative, please call Desa Gushue, Administrative Assistant at (905) 388-2511, ext. 4839. ♦

Regions served by HPH

